



## **Nutrition Tip**

*Cincinnati VA Medical Center*

# **FLUIDS**

Healthy kidneys get rid of extra fluid the body does not need by making urine. Your kidneys are not able to do this well. So, you must restrict the amount of fluid you take in. Too much fluid is dangerous. It can cause high blood pressure, swelling, shortness of breath, and heart failure.

Fluids are water, beverages, or any food that is liquid at room temperature. Here is a list of foods that must be counted as fluids:

### **Beverages**

coffee  
tea  
milk  
juice  
soda  
creamers  
wine  
liquor

### **Desserts**

jello  
ice cream  
sherbet  
popsicles

### **Other**

ice  
soup  
water

**Be sure to drain off all liquid from**

- **cooked vegetables and**
- **canned fruit**

These measurements may help you:

1 fluid ounce	=	30 cc		
4 fluid ounces	=	½ cup	=	120 ml = 120 cc
8 fluid ounces	=	1 cup	=	240 ml = 240 cc
16 fluid ounces	=	2 cups	=	480 ml = 480 cc
32 fluid ounces	=	4 cups	=	960 ml = 960 cc

**Turn the Page for Tips to Help You**



10/99-PHEC-NFS43



## **Tips to Help You Control Fluid Intake**

- Measure fluids carefully. Use a standard measuring cup.
- Remember to drain all foods well before eating.
- Do not eat salty (high sodium) foods because they make you thirsty.
- Rinse your mouth with water, but do not swallow it.
- “Working up a sweat” makes you thirsty.
- Do not stay outside a long time when it is really hot outside.
- Moisten your mouth with cold sliced lemon wedges, chewing gum, and sour candy.
- Smoking makes you thirsty – cut down or stop smoking.
- Cold liquids help your thirst better than warm liquids.
- Take your pills at mealtime.
- Use very small cups and glasses for drinks and other liquids.

When you are thirsty, try something like bread and margarine with jelly or ice cold fruit or vegetable.